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Being Grateful: Does it Bring Us Closer?

Gratitude, Attachment and Intimacy in Romantic Relationships

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Abstract

This study proposed that levels of dispositional gratitude influence experiences of intimacy within romantic relationships and that this influence is moderated by relationship attachment. Gratitude, in this study, was described as feelings of appreciation associated with the perception that one had been the focus of another's intentionally beneficial actions. A greater disposition toward gratitude was expected to result in more frequent experiences of gratitude. It was also anticipated that experiences of gratitude would be associated with feelings of closeness toward the one responsible for the beneficial act. Participants ($n=156$) ranged in age from 18 – 70 and, although required to be currently in a relationship of at least six months' duration, each was studied as an individual. Participants included both males and females, in same-sex or other-sex relationships, and completed a series of questionnaires assessing dispositional gratitude, attachment and emotional intimacy. Moderation analysis was conducted using hierarchical regression and revealed that although a positive, weak correlation exists between gratitude and intimacy, attachment did not moderate that association. However, the measures used did not elicit sufficiently divergent responses. Thus neither complete exploration of the proposed association between gratitude and intimacy, nor of the moderation of that association by attachment were possible. In conclusion, further investigation of experiences of gratitude, particularly in relation to enhancing feelings of closeness, is necessary to understand the function of gratitude in romantic relationships. Methods focusing on specific experiences of gratitude in romantic relationships and the associated feelings of closeness experienced by each partner may yield more conclusive findings. In addition, such findings may provide support for therapeutic approaches focused on enhancing closeness between couples by increasing experiences of gratitude.

(272 words)

Table of Contents

Abstract.....	ii
List of Tables	v
List of Supplementary Material	vi
Statement of Original Authorship	vii
Acknowledgements	viii
Being Grateful: Does it Bring Us Closer?	1
Gratitude	2
Intimacy	5
Gratitude and Intimacy	7
Relationship Attachment	9
Gratitude and Attachment	10
Attachment and Intimacy	11
Aims and Hypotheses	12
Method.....	13
Participants.....	13
Measures	13
Procedure	14
Design and Analysis	15
Results	15
Correlations	16
Moderation	17

Discussion.....	19
Gratitude and Intimacy	19
Gratitude and Attachment	21
Age, Length of Relationship, Gratitude and Attachment	22
Gratitude, Attachment and Intimacy	22
Review of Underlying Premises.....	24
Conclusion	30
References.....	32
Appendix A: Participant Information and Questionnaire.....	38
Appendix B: Research Data.....	54

List of Tables

Table 1: Correlations Between Gratitude, Intimacy, Relationship Attachment, Age and Relationship Length	17
Table 2: Gratitude and Avoidance – Contributions to the Predictive Model for Intimacy .	18
Table 3: Gratitude and Anxiety – Contributions to the Predictive Model for Intimacy	18
Table B1: List of File Names and Descriptions of Files Contained on Attached Data CD	54

List of Supplementary Material

Participant Information Sheet and Questionnaire (Appendix A)

Data CD containing raw data and scale scores (Appendix B)

Statement of Original Authorship

I, Atholl Murray, declare that this thesis contains no material which has been previously submitted for a degree or diploma in any university and, to the best of my knowledge and belief, this thesis contains no material which has previously been published or written by another person, except when due reference is made in the text of the thesis. This project has received full ethical clearance (Reference Number QUT1000000499). Raw data collected and analysed as part of this project has been included on an attached CD (Appendix B).

Signed: _____

Date: _____

(Atholl Murray)

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Being Grateful: Does it Bring Us Closer?

Exploring Gratitude, Attachment and Intimacy in Romantic Relationships

The concept of gratitude has received recent research attention (Lambert, Graham, & Fincham, 2009; Mikulincer, Shaver, & Slav, 2006), particularly in relation to its positive personal and social effects (Emmons & Crumpler, 2000; Emmons & McCullough, 2003; Mikulincer & Shaver, 2010; Watkins, Woodward, Stone, & Kolts, 2003). Other research has investigated characteristics of grateful people (McCullough, Emmons, & Tsang, 2002; McCullough, Tsang, & Emmons, 2004). However despite Emmons and Crumpler's (2000, p. 57) assertion that "gratitude is profoundly interpersonal", the role of gratitude in romantic relationships has, to date, received little research attention (Emmons, 2004; Hlava, 2009). More particularly, very few studies have explored the way in which experiences of gratitude contribute to experiences of intimacy, especially emotional intimacy, in romantic relationships. In contrast, a number of studies have explored intimacy in the context of romantic relationships and in particular describe its positive association with relationship satisfaction (e.g., Hassebrauck & Fehr, 2002; Kirby, Baucom, & Peterman, 2005; Tolstedt & Stokes, 1983). Further, a number of studies (Bartholomew, 1990; Grabill & Kerns, 2000; Mitchell et al., 2008) describe the effects of relationship attachment on intimacy, with findings suggesting that more securely attached individuals experience higher levels of intimacy. Relationship attachment has also been linked to gratitude. Mikulincer, Shaver and Slav (2006) identified an association between gratitude and some aspects of attachment and found that individuals higher in gratitude and more secure in some aspects of attachment were more likely to engage in prosocial behaviour.

To date there is little empirical evidence for an association between gratitude and intimacy. This study therefore focuses on that relationship and seeks to establish whether the experience of gratitude in romantic relationships increases a feeling of closeness, or

emotional intimacy. More specifically, it seeks to investigate the relationship between gratitude and intimacy and the way in which attachment anxiety and avoidance moderate that relationship.

Gratitude

Emmons and Crumpler (2000) describe gratitude as a multi-faceted relational concept encompassing emotion, attitude, virtue, behaviour and motivation. Focusing on emotion, Lazarus and Lazarus (1994) argue that “the dramatic plot of gratitude is *appreciating an altruistic gift*” (p. 118, emphasis in original). They refine the concepts of appreciation and giving by exploring the interpersonal and relational nature of gratitude:

Two people are brought together with every gift, the giver and the receiver, and the gift locks them into a more complex relationship than may be evident on the surface. The relationship, which depends on who the person is, the way the gift is given, and how it is accepted, has important implications for the diverse feelings that are aroused in the act of giving and receiving. (Lazarus & Lazarus, 1994, p. 118)

In a much earlier paper, Tesser, Gatewood, and Driver (1968) developed a functional model for describing gratitude and provide empirical support for conceptualising gratitude as relational, that is, gratitude is experienced as a result of the connection that exists or is created between the giver and receiver. Tesser et al. identified three factors that determine the degree to which an individual may experience gratitude: intentionality of the giving, benefit to the receiver, and costliness of the gift. These three factors are emphasised by Lazarus and Lazarus’s (1994) assertions that gratitude is experienced in the context of a relationship, and depends on each individual’s perception of the other, their actions and motivation. In validating their model, Tesser et al. (1968) found that manipulating each factor (intention, benefit, cost) influenced the degree to

which participants reported feelings of gratitude. Although Tesser et al. used hypothetical stories and only male participants, comparable findings have been reported in other studies. Algoe, Haidt and Gable (2008), for example, surveyed 18- to 22-year-old female university students involved in a week-long sorority activity of anonymous gift-giving. Their findings demonstrated that perceptions of the giver's intentions and degree of benefit experienced were predictors of gratitude. Where givers were perceived as more thoughtful and considerate of recipients' needs, recipients felt greater gratitude. Where receivers regarded gifts as being of greater benefit, they reported greater gratitude. In addition, Algoe et al. found the cost of the gift also predicted the degree of gratitude, with the degree of gratitude experienced increasing as the (financial) cost of giving increased.

The impact of perceived cost to the giver was also explored in a two-part study conducted by Okamoto and Robinson (1997). The first part of the study was conducted in a university library and involved observing people's responses to a confederate holding a door open for them. The costliness of the gift was manipulated by the confederate either going first and then holding the door (lower cost), or holding the door and allowing the observed person to go first (higher cost). Benefits resulting from greater cost were associated with a more formal expression of gratitude, interpreted as indicating more intense feelings of gratitude. In the second part of the study, participants were asked to read short stories in which a benefit resulted from greater or lesser imposition. Participants were instructed to imagine they were the recipients of the beneficial acts. As in the first part of the study, where the cost to, or imposition on the giver was greater, participants recorded more elaborate expressions of gratitude.

Each of these studies, Tesser et al. (1968), Algoe et al. (2008) and Okamoto and Robinson (1997), supports Lazarus and Lazarus's (1994) contention that the receiver's experience of gratitude is dependent on his or her perceptions of the giver and their gift.

Gratitude was experienced where the actions of the giver were perceived by the receiver as intentionally beneficial, and of cost to the giver. By implication, the giver was required to perceive what the receiver would regard as beneficial in order to act in ways that resulted in gratitude. Each study demonstrated that gifts revealing the giver as either more thoughtful or more prepared to be inconvenienced prompted greater gratitude. These findings support a relational view of gratitude; that is, interpersonal perceptions are influential in determining, for the giver, what acts would be beneficial and, for the receiver, the degree of gratitude experienced as a result of such acts.

In addition to the immediate, short-term experience of gratitude resulting from a specific interaction, McCullough et al. (2002) suggest that gratitude is also an enduring trait. Referring to Rosenberg's (1998) model of hierarchies of emotion, McCullough et al. argue that having a grateful disposition makes the experience of gratitude in everyday events more likely. Rosenberg describes this dispositional, or higher-level, enduring aspect of emotions as resulting in a lowered threshold for the experience of that emotion and a decreased likelihood of experiencing "trait-incongruent emotions", that is feelings that would be unlikely to co-exist with the enduring emotion (Rosenberg, 1998, p. 249). For gratitude, this suggests that individuals who have greater dispositional gratitude are not only more likely to notice the costliness and beneficial intent of others' positive actions and respond with gratitude, but are also less likely to take others for granted or judge their actions as selfishly motivated.

Mikulincer et al. (2006) assessed grateful disposition, experiences of gratitude and the behaviours precipitating those experiences of gratitude in relation to 55 newlywed couples. Mikulincer et al. investigated the degree to which attachment influenced participants' feelings of gratitude toward their partners. Attachment was found to influence both dispositional gratitude and experiences of gratitude in similar ways, suggesting that

dispositional gratitude and experiences of gratitude are positively associated and influenced by interpersonal perceptions. A number of other studies support the suggestion that individuals with greater dispositional gratitude are more likely to respond to others positively, rather than with suspicion. McCullough et al. (2002), for example, found strong, positive correlations between higher levels of dispositional gratitude and positive affect, personality traits (e.g., agreeableness) and prosocial behaviour. Other studies by Emmons and McCullough (2003) and McCullough, Kilpatrick, Emmons and Larson (2001) used diary records to measure experiences of gratitude and found experiences of gratitude increased positive affect and prosocial behaviour. Together, these studies suggest that dispositional gratitude is linked to experiences of gratitude, as well as suggesting attachment influences gratitude, supporting a relational view of gratitude. Individuals with higher levels of dispositional gratitude are more likely to perceive their partner's behaviours as intentionally beneficial and to appreciate the costliness of such behaviours. The studies also support a relational view of gratitude by providing evidence that it is influenced by attachment

Intimacy

As with gratitude, intimacy is highly relational and multi-faceted. Prager (1995) describes intimacy in terms of *intimate interactions* and *intimate relationships*. According to Prager, intimate interactions build intimate relationships and consist of *intimate behaviours* (e.g., self-disclosure) and/or *intimate experiences*; intimate experiences are categorised as either affective (e.g., feelings of happiness) or perceptual (e.g., "I understand" or "I am understood"). Prager suggests that the validation of intimate behaviours results from the combination of positive affect and perception (i.e., intimate experiences). Prager's process of validation draws from Reis and Shaver's (1988) earlier model of intimacy. Reis and Shaver identified disclosure (i.e., an intimate behaviour),

together with a supportive response as key elements in determining experiences of intimacy. Further, they suggest that in order for intimacy to be experienced within any relationship, a disclosing partner must reveal something of his or her inner self, and the responding partner must demonstrate that he or she understands the disclosure and cares for the disclosing partner. Prager suggests that the disclosure need not necessarily provide new information but that intimacy can still arise from revealing feelings or thoughts of which the responding partner is already aware.

Using results from diary records of intimate interactions, Laurenceau, Barrett and Pietromonaco (1998) extended Reis and Shaver's (1988) model, suggesting that the discloser's perception of their partner's responsiveness is also important. Laurenceau et al. collected university students' diary records over a two-week period. These entries recorded descriptions of the participants' intimate interactions, a rating of the depth of disclosure and the perceived level of partner responsiveness, as well as the degree to which intimacy was experienced as a consequence. The results of this study demonstrate that responses that were perceived as more validating, understanding and caring influenced the degree of intimacy experienced. Similar diary studies conducted by Lin (1992) provide complementary findings. More recently, Bemis (2008) analysed partner discussions of positive life events in a study of 104 couples undertaking psychology courses at university. Following their disclosure, participants rated the significance of what was shared and their partner's responsiveness. Overall findings indicated that participants whose partners were more responsive experienced greater intimacy. Together, these studies highlight the importance of both self-disclosure and a supportive response in facilitating intimacy, providing support for Reis and Shaver's (1988) identification of disclosure and response as key elements of intimate interactions. However, the studies described above focus on the degree of intimacy experienced by the discloser as a result of their disclosure and the

perceived degree of validation provided by the responding partner. Another study undertaken by Castellani (2006) indicates that these factors, the perceived degree of disclosure and degree of responsiveness, also influence the *responding* partner's experience of intimacy. Castellani analysed videotaped interactions between romantic partners involving the disclosure and discussion of a time when one partner hurt the other's feelings. Follow-up surveys were used to measure the degree of hurt and intimacy experienced. Castellani found that greater intimacy was experienced for both the discloser and responder where there was greater disclosure and a more supportive, caring and understanding response.

Gratitude and Intimacy

Although gratitude has been described as relational (Emmons & Crumpler, 2000; Lazarus & Lazarus, 1994), very few studies so far have explored the relationship-enhancing role of gratitude. One such study, the aforementioned study by Algoe et al. (2008), reported that where recipients of a gift perceived the giver of that gift as more thoughtful and considerate, recipients experienced greater feelings of gratitude. However, Algoe et al. also reported that recipients felt momentarily closer to the giver when they received their gift, even though they did not know the giver's identity. At the end of the week's activities, the identity of the giver was revealed and the receiver was able to express gratitude for their gifts. Follow-up surveys one month after the activity revealed that where more gratitude had been felt and expressed, the friendship between the giver and receiver scored more highly on relationship quality and more time was subsequently invested in the friendship. Although Algoe et al. suggested that these findings reveal gratitude as having a relationship-promoting function, they did not draw a link between gratitude and intimacy.

As mentioned earlier, Prager (1995) describes intimate interactions as the building blocks of intimate relationships, and Reis and Shaver (1988) emphasise the importance of self-disclosure and validating response in intimate interactions. In addition, Castellani's (2006) findings suggest that greater perceptions of disclosure and validation result in greater intimacy for both the disclosing partner and the validating partner. Studies investigating gratitude have suggested that actions resulting in feelings of gratitude, by their very nature, reveal thoughtfulness, cost and beneficial intent (Algoe et al., 2008; Okamoto & Robinson, 1997; Tesser et al., 1968). Hence, such revelations disclose something of the giver, namely his or her awareness of the receiver's needs, desire to benefit the receiver and willingness to do so at his or her cost, potentially putting the receiver's needs above his or her own. Further, in order to experience gratitude, the receiver must perceive the giver's actions as thoughtful, costly and intentionally beneficial (Tesser et al., 1968). Thus the receiver's expression of gratitude validates the giver's actions by understanding and valuing the giver and his or her actions. Taken together, these findings may therefore suggest that the experience of gratitude and the expression of that gratitude lead to a more intimate relationship for both the giver and receiver.

As suggested earlier, having a more grateful disposition increases the likelihood of a grateful experience (McCullough et al., 2002; Rosenberg, 1998). It follows that individuals with a greater disposition toward gratitude are also more likely to experience gratitude toward their partner and therefore greater intimacy. However, it is also likely that relational factors will influence the interaction between gratitude and intimacy, in particular, the beliefs an individual holds about themselves and about their partner. Such beliefs or internal working models are described by Collins and Read (1990) as the basis of adult relationship attachment.

Relationship Attachment

The framework for attachment in adult relationships derives from the typology developed by Ainsworth, Blehar, Waters and Wall (1978) in their research into infant-parent attachment. They proposed three types of attachment: secure, anxious/ambivalent and avoidant. In a related study of adults, Hazan and Shaver (1987) suggested that attachment in romantic relationships conforms to Ainsworth et al.'s typology. Findings from Hazan and Shaver's survey of 620 men and women aged 14 to 82 indicate that most people were able to align their relationship experience with one of three descriptions representing adult versions of Ainsworth et al.'s typology. Bartholomew and Horowitz (1991) expanded Hazan and Shaver's avoidant type to distinguish between those who defensively deny their need for closeness (dismissing), and those who fear closeness (fearful).

Taking a dimensional rather than typological approach, Brennan, Clark and Shaver (1998) analysed the results of self-report responses from over 1,000 participants aged 16 to 50 and identified two factors that captured individual differences in adult attachment: attachment-related *avoidance* and attachment-related *anxiety*. High scores in avoidance were associated with individuals' concern regarding the reliability or dependability of their partner. Consequently, avoidant individuals were less likely to disclose intimate information or rely on their partner. High scores in anxiety were associated with individuals' concerns regarding the availability, responsiveness and attentiveness of their partner. However, rather than this resulting from perceptions of their partner, anxious individuals were more likely to describe feelings of inferiority (i.e., perceptions of self); thus, their anxiety regarding their relationship arose from fears of rejection or abandonment. Brennan et al. suggested that scores for avoidance were a reflection of an individual's perception of others, and scores for anxiety were a reflection of an

individual's perception of self. Individuals lower in both avoidance and anxiety were more likely to be secure, expecting their partner to be responsive, available and reliable, and have positive views of others and self (Brennan et al., 1998).

Gratitude and Attachment

The aforementioned study by Mikulincer, Shaver and Slav (2006) explored links between dispositional gratitude, gratitude experiences and attachment using a number of self-report scales designed to evaluate attachment, dispositional gratitude, experiences of gratitude, self-esteem and interpersonal trust. The first part, a study of Israeli undergraduates, suggested higher scores for avoidance were associated with lower scores for dispositional gratitude. On the other hand, scores for anxiety were not significantly associated with dispositional gratitude. Rather, individuals higher in anxiety were more likely to be concerned with feelings of inferiority and obligation in response to situations where gratitude might be expected. The second part of Mikulincer et al.'s study explored the responses of newly wed couples who had lived together for between 1 and 5 years. Over a three-week period, participants recorded their daily observations of their partner's positive and negative behaviours and their own feelings of gratitude. As with the initial study, individuals higher in avoidance were generally less likely to feel gratitude toward their partner. This effect was significant for both husbands and wives. On the other hand, individuals higher in anxiety were more likely to respond ambivalently to such behaviours. These studies therefore suggest that individuals higher in avoidance are less likely to experience gratitude on a day-to-day basis, and have, overall, a lower disposition toward gratitude. For individuals higher in anxiety, however, the findings were more complex. Whilst no significant relationship was found between anxiety and dispositional gratitude, individuals higher in anxiety were more likely to respond ambivalently in situations where gratitude might be expected. For those experiencing relationship anxiety, expression of

gratitude was complicated by concerns that they were undeserving or might not be able to repay the gift or service provided.

Attachment and Intimacy

In Reis and Shaver's (1988) model of intimacy discussed above, intimate experiences depend upon a disclosure of self, and a supportive response that validates and understands the significance of what has been shared. In addition, each partner must perceive the other's meaning as it was intended. Using intimacy-related measures such as self-disclosure, responsiveness and feelings of being understood and cared for, Grabill and Kerns (2000) found links between attachment and intimacy. Secure individuals were more likely to score significantly higher than insecure individuals in their experience of intimacy. Leung (2001) found similar results in a study of immigrants to the United States from Hong Kong, China and Taiwan. Again, individuals higher in either avoidance or anxiety were less comfortable with intimacy than secure individuals. These findings reiterate Brennan et al.'s (1998) findings that individuals who demonstrate higher levels of relationship avoidance are less likely to disclose information. Brennan et al. explain their findings by suggesting that individuals high in avoidance are not likely to respond in a validating, supportive and caring way, as this would increase the expectation of closeness, which is precisely what they seek to avoid. This explanation is supported by findings from a study by Wei, Vogel, Ku and Zakalik (2005), demonstrating that individuals higher in avoidance were more likely to report behaviours involving withdrawal from emotional interpersonal interactions. Thus, individuals higher in avoidance are less likely to score highly on a measure of intimacy.

Individuals who demonstrate higher levels of relationship anxiety are also concerned with the responsiveness and attentiveness of their partner (Brennan et al., 1998). In contrast to individuals higher in avoidance, however, individuals higher in anxiety are

less likely to withdraw from intimacy (Kulley, 1994). Nevertheless, they are also less likely to report feeling understood and cared for (Grabill & Kerns, 2000). These findings suggest that although individuals higher in anxiety desire intimacy, they are less likely, perhaps due to self-perceptions of inferiority, to perceive their partner's response as validating and will therefore experience less intimacy.

Aims and Hypotheses

In exploring the association between gratitude and intimacy, and the way in which this association is moderated by attachment, this study aims to offer new insights into gratitude in romantic relationships. Not only does it potentially add to existing research into gratitude, attachment and intimacy, but it may also provide the basis for new therapeutic approaches increasing experiences of gratitude and thus enriching couples' experiences of intimacy. This study proposes that grateful individuals are more likely to experience intimacy. Hence, increasing experiences of gratitude may increase experiences of intimacy. However, models of gratitude and intimacy described in this study emphasise the importance of each partner's perception of the other in order to experience gratitude or intimacy. These perceptions are influenced by the beliefs each partner holds regarding themselves and others. Thus attachment, which is dependent on such beliefs, will influence both gratitude and intimacy. More concisely, this study hypothesises that:

1. There will be a significant positive correlation between gratitude and intimacy; and
2. The association between gratitude and intimacy will be moderated by attachment anxiety and attachment avoidance.

Method

Participants

This study involved 156 individuals in committed romantic relationships of at least six months' duration. Relationship commitment was operationalised as participation in joint decision-making and potential for, or evidence of longer-term commitment (Z. Hazelwood, personal communication, April 15, 2010). Participants were at least 18 years of age, ranging from 18 to 70 years ($M=34$, $SD=11.66$); a larger proportion ($n=122$) were female compared to male ($n=34$). Most participants identified as other-sex attracted ($n=126$) with smaller proportions identifying as same-sex attracted ($n=24$) or both-sex attracted ($n=5$). Participants classified their relationship as dating or engaged ($n=42$), living together or de facto ($n=48$), married or in civil union ($n=65$). Length of relationship ranged from 6 months to nearly 45 years ($M=9.05$ years, $SD=9.97$). However, slightly more than half of the participants had been in their current relationship for five years or fewer ($n=87$).

Measures

Gratitude. Participants' level of dispositional gratitude was assessed using the Gratitude Questionnaire (GQ-6; McCullough, Emmons, & Tsang, 2001). The GQ-6 is a six-item self-report tool that uses a 7-point Likert-type scale from 1 (*strongly disagree*) to 7 (*strongly agree*). Items assess degree of thankfulness and appreciation in relation to experiences (e.g., "I have so much in life to be thankful for") and the range of people to whom those experiences may be attributed (e.g., "I am grateful to a wide variety of people"). Two items are reverse scored and higher total scores indicate greater levels of dispositional gratitude. Item-scale analyses revealed reasonably strong reliability with a Cronbach's alpha of .76.

Attachment. Levels of attachment insecurity were assessed using the Experiences in Close Relationships (ECR) scale (Brennan et al., 1998). The ECR is a 36-item self-

report questionnaire and uses a seven-point Likert-type scale ranging from 1 (*Disagree strongly*) to 7 (*Agree strongly*). Two subscales, anxiety and avoidance, are calculated using even items for anxiety (e.g., “I worry about being abandoned”) and odd items for avoidance (e.g., “I prefer not to be too close to romantic partners”). Ten items are reverse-scored and means are calculated for anxiety and avoidance. Higher scores on each of the sub-scales indicate higher levels of anxiety or avoidance. Cronbach’s alphas were calculated at .92 for anxiety and .90 for avoidance indicating very strong scale reliabilities.

Intimacy. Emotional intimacy was assessed using the Emotional Intimacy Scale (EIS; Sinclair & Dowdy, 2005). This scale was chosen because of its specific focus on emotional intimacy and the alignment of scale items with Reis and Shaver’s (1988) description of validating responses. The EIS assesses self-reported perceptions of being validated (e.g., “My partner completely accepts me as I am”), understood (e.g., “My thoughts and feelings are understood and affirmed by my partner”) and cared for (e.g., “My partner cares deeply for me”). The EIS contains five items and is scored on a 5-point scale from 1 (*strongly disagree*) to 5 (*strongly agree*). A mean score is calculated, with higher scores indicating greater perceptions of emotional intimacy. Inter-item reliability was calculated at $\alpha=.84$ indicating strong scale reliability.

Procedure

Participants were identified through snowballing techniques using the researchers’ networks of colleagues and acquaintances. In addition, first-year psychology students were invited to complete paper questionnaires (see Appendix A) for partial course credit; and advertising flyers were posted in the wider community, inviting participation through on-line or paper questionnaires. Participants were invited to enter a draw for a \$100 voucher. Paper questionnaires were returned via an on-campus drop-box or via mail, according to the preference of participants. Reply-paid returns were also available upon request.

Students wishing to obtain course credit for questionnaire completion returned their questionnaires in sealed envelopes to the researcher in exchange for credit tokens.

Design and Analysis

The current study employed a moderation design with gratitude as the predictor variable, intimacy as the outcome variable and attachment anxiety and avoidance as the moderator variables. All measures were continuous measures. Centred interaction terms were calculated for anxiety (Gratitude \times Anxiety) and avoidance (Gratitude \times Avoidance) and analysis was conducted using multiple hierarchical regression. All analyses were conducted twice, firstly with avoidance as moderator and then with anxiety as moderator.

Results

In the data collected, there were very few missing items and these were found to be completely random. Mean replacement was used where there were missing data.

Assumptions of normality, linearity and variance were investigated resulting in a number of transformations to provide a less skewed distribution of scores. The distribution of scores for intimacy was particularly leptokurtic ($z=5.21$) indicating limited variance.

This study investigated the link between gratitude and intimacy, and hypothesised that attachment avoidance and anxiety moderate that link. In comparison to the possible ranges of scores, participants reported generally high scores in gratitude ($M=36.54$, $SD=4.75$) and intimacy ($M=4.44$, $SD=0.63$) and positive experiences of relationship attachment: that is, low scores for avoidance ($M=2.12$, $SD=0.90$) and anxiety ($M=3.28$, $SD=1.19$). It is worthy of note that the mean and standard deviation reported here for gratitude are comparable with a number of other studies reporting GQ-6 scores (McCullough, n.d.). Similarly, the mean and standard deviation reported here for intimacy are comparable with the findings from the validation study of the EIS (Sinclair & Dowdy, 2005).

Correlations

Table 1 provides details of the strength and significance of the associations between gratitude, attachment and intimacy, and age and relationship length. The correlations between gratitude and avoidance and between gratitude and anxiety were negative, moderately strong and highly significant. The correlations between anxiety and intimacy and between avoidance and intimacy were also negative, moderately strong and highly significant. The correlation between gratitude and intimacy was positive and significant but limited in strength.

Relationship length was significantly correlated with gratitude, avoidance and anxiety; and age was significantly correlated with gratitude and anxiety (see Table 1). As might be expected, relationship length was highly correlated with age. Hierarchical regressions using transformed variables were conducted to control for age and determine whether relationship length uniquely contributed in predicting gratitude, avoidance or anxiety. It was found that relationship length, controlling for age, was not significant in predicting gratitude, avoidance or anxiety, indicating that the variance explained by relationship length was better explained by age.

Respondents generally scored highly on the gratitude and intimacy measures and as a result, these data were highly negatively skewed. In addition, scores for avoidance were generally low resulting in positively skewed data. To preserve normality, transformations were applied. These transformed data resulted in similar degrees of significance compared to untransformed data. Therefore, untransformed data are reported in these analyses to assist interpretation.

Table 1

Correlations Between Gratitude, Intimacy, Relationship Attachment, Age^a and Relationship Length^a

	Gratitude	Avoidance	Anxiety	Intimacy	Age
Avoidance	-.36***				
Anxiety	-.29***	.34***			
Intimacy	.20**	-.35***	-.31***		
Age	.23**	-.14	-.18*	-.04	
Relationship length	.22**	-.17*	-.18*	-.11	.74***

^aAge and Relationship length were measured in years.

* $p < .05$, ** $p < .01$, *** $p < .001$

Moderation

Avoidance. An overall model, predicting scores for intimacy from scores for gratitude, moderated by avoidance, was significant, $F(3,152)=7.64$, $p < .001$. This model accounted for 11.4% of the variance in intimacy. However, the interaction between avoidance and gratitude only accounted for 0.3% of the variance in intimacy and was not significant, $F(1,152)=0.52$, $p = .47$. Table 2 shows the main effects of gratitude and avoidance, and interaction effect of gratitude and avoidance in predicting intimacy.

Semi-partial correlations (sr^2) indicate that for this model, avoidance uniquely predicted 9% of the variance in intimacy, with gratitude and the interaction effect of gratitude and avoidance predicting 1% or less. An analysis indicated that the sample size did not provide sufficient power (.38) to determine whether the lack of significance was a true indicator of the absence of a moderation effect, or whether the non-significant finding was due to sample size.

Table 2

Gratitude and Avoidance – Contributions to the Predictive Model for Intimacy

	<i>b</i>	β	<i>p</i>	Confidence intervals		<i>sr</i> ²
				Lower	Upper	
Step 1						
Gratitude	0.01	0.10	.25	-.01	.04	.008
Avoidance	-0.23	-0.33	.00	-.35	-.12	.093
Step 2						
Gratitude×Avoidance	-0.01	-0.06	.47	-.03	.01	.003

Anxiety. An overall model predicting scores for intimacy from scores for gratitude, moderated by anxiety was also significant, $F(3,152)=7.19$, $p<.001$. This model accounted for 10.7% of the variance in intimacy. As with avoidance, the interaction of gratitude and anxiety only accounted for a very small portion (1%) of the variance in intimacy and was not significant, $F(1,152)=2.46$, $p=.12$. Table 3 shows *b*-weights, β -weights, confidence intervals and semi-partial correlations (*sr*²) for this model.

Table 3

Gratitude and Anxiety – Contributions to the Predictive Model for Intimacy

				Confidence intervals		
	<i>b</i>	ß	<i>p</i>	Lower	Upper	<i>sr</i> ²
Step 1						
Gratitude	0.01	0.07	.40	-.01	.03	.004
Anxiety	-0.15	-0.28	.00	-.23	-.06	.074
Step 2						
Gratitude×Anxiety	0.01	0.13	.12	<-.01	.03	.014

In terms of explaining the variance in intimacy in this model, the main effect of anxiety uniquely predicts only 7%, with the main effect of gratitude and the interaction effect of gratitude and anxiety each predicting only 1% or less. A power analysis of the sample size for this model indicated sufficient power (.98). For this model, therefore, calculations of significance are reliable.

Discussion

Gratitude and Intimacy

This study investigated the association between gratitude and intimacy in romantic relationships, and the moderating effect of attachment avoidance and anxiety on that association. The first hypothesis predicted a significant, positive association between gratitude and intimacy and this hypothesis was supported. The correlation between gratitude and intimacy was significant and in the expected direction (see Table 1): that is, individuals who experience more gratitude are also likely to experience more intimacy. However, the association was much weaker than expected. It well may be that the data represent the true nature of the relationship between gratitude and intimacy, although it is also possible that measurement-related issues influenced these results. As noted earlier, scores for gratitude and intimacy were highly negatively skewed resulting from largely positive responses. These results may indicate that participants in this sample genuinely had a grateful outlook on life and experienced high levels of intimacy in their romantic relationships. However, it is also possible that such results indicate a restriction of range imposed by a ceiling effect. It is significant that, as identified earlier, the results of this study align with findings of other studies using the same measures. Rather than suggesting the sample for this study is particularly unique, these comparable findings may suggest that the measures of dispositional gratitude and emotional intimacy used in this study do not

identify sufficient difference between participants scoring at the high end of the scale. This is particularly evident in the small variance in intimacy scores.

It is also possible that generally high scores in this and other studies have resulted from a social desirability bias. Although participants were informed that responses would not be individually identified and would be anonymous, they may still have been motivated to represent themselves in socially desirable ways. Research undertaken by Dirk and Geert (2007) examining responses to on-line surveys provides support for this hypothesis. They found that participants who were personally invited to complete surveys were more likely to exhibit socially desirable responses, even though they were assured of anonymity. Participants for the study reported here were largely identified through the researcher's networks and through presentation to large university lecture groups. This may have contributed to a sense of personal invitation, or an association with the researcher and thus have influenced results in ways suggested by Dirk and Geert.

In addition, the general characteristics of measures for dispositional gratitude may increase their response bias vulnerability. In responding to the GQ-6, for example, participants may not be prompted to identify particular events in which they have felt gratitude because the statements ask them to consider their feelings of gratitude in general ways (e.g., "I have so much in life to be thankful for"). Because they are not asked to anchor responses to specific events, participants may be more likely to respond in ways that describe who they would like to be rather than who they are.

The design of the study may be another explanation for finding only a weak correlation between gratitude and intimacy. A measure of dispositional gratitude was used to determine the likely frequency of participants' experiences of gratitude. Although Mikulincer et al. (2006) found that couples higher in dispositional gratitude were also more likely to experience gratitude toward their partner, the GQ-6 does not specifically ask

participants to report gratitude experienced because of their partner's actions. Similarly, the EIS does not specifically link reports of intimacy to specific experiences. Other study designs (e.g., Emmons & McCullough, 2003) have used diary report protocols to measure experiences of gratitude. In these studies, participants recorded positive and negative interactions with their partner as well as the degree of gratitude experienced. However, such investigations were beyond the scope of the current study. In future studies, reports of the degree of intimacy resulting from experiences of gratitude may provide richer data to explore the association between gratitude and intimacy.

Gratitude and Attachment

Another interesting finding from the initial correlational analyses was the significant, negative, moderate associations between scores for gratitude and avoidance, and gratitude and anxiety (see Table 1). The moderate, negative association between gratitude and avoidance found in this study is strongly aligned with findings by Mikulincer et al. (2006; $r = -.38, p < .01$). However, the significant, negative association between gratitude and anxiety found in this study does not align with findings from the same study, which reports a non-significant association ($r = .07, p > .05$). Mikulincer et al.'s explanation for this lack of significant association between gratitude and anxiety was that anxious individuals, in contexts where gratitude might be experienced, may have feelings of gratitude mixed with feelings of inferiority and obligation. Mikulincer et al. suggest this interaction may confound their responses resulting in greater ambivalence toward situations that might predict gratitude: at times they will feel gratitude, but at other times they will be overwhelmed by different feelings. It is also possible, however, that the association between gratitude and anxiety found in this study is due to the aforementioned restriction of range. If this is the case, then, the data do not reflect the true range of gratitude scores. As a result, the correlation between gratitude and anxiety presented in

Table 1 may not be an accurate representation of their true association. For similar reasons, the correlation between gratitude and avoidance described in Table 1 may not be accurate either, even though it is compatible with previous findings. Caution is therefore required in interpreting these data.

Age, Length of Relationship, Gratitude and Attachment

Table 1 also reveals significant relationships between length of relationship and gratitude, avoidance and anxiety respectively. In considering these results, it is important to discriminate between those effects due to age and those due to the length of relationship, given that both depend on the passing of time. As described earlier, hierarchical regressions controlling for age indicated that length of relationship did not significantly add to the prediction of gratitude, avoidance and anxiety. However, the significant, positive correlation between age and gratitude, does suggest that being older may have a positive effect on individuals' dispositional gratitude. Likewise the significant, negative correlation between age and anxiety may suggest that being older may have a positive effect on individuals' self-perceptions. A developmental explanation for these findings may be provided by Erikson (1977), who suggests that increases in gratitude and more positive self-perceptions can result from personal growth across the lifespan. However, associations between age and gratitude, and age and anxiety may also be due to cohort effects and reflect genuine differences in the social experiences specific to different age groups, and not be due directly to the passing of time. Such experiences may be a result of social norms or wide-spread events which occur in particular periods of time and influence particular age groups in different ways (Ryder, 1965).

Gratitude, Attachment and Intimacy

The second hypothesis predicted that the association between gratitude and intimacy would be moderated by relationship attachment. This hypothesis was not

supported either for attachment-related avoidance or for attachment-related anxiety. Gratitude did not have a significant main effect in predicting intimacy, nor was the interaction of gratitude and attachment a significant predictor of intimacy. Nevertheless, there were main effects for attachment in predicting intimacy. Moreover, the results presented in Table 2 suggest that intimacy was more strongly predicted by avoidance itself than by gratitude or the interaction effect of gratitude and avoidance. The significant, negative *b*-weight for avoidance supports earlier findings (Brennan et al., 1998; Wei et al., 2005) that individuals higher in avoidance are more likely to avoid intimacy. Even so, the size of the *b*-weight for avoidance indicates that for a decrease of one scale point in avoidance, approximately one-fifth of a scale point in intimacy was predicted. Given that the scale used to measure avoidance has seven points, extremes of this scale would only predict a 1- to 2-point difference in intimacy. Such a small effect is not in keeping with previous findings and may be, in part, due to the lack of variance in intimacy scores for this sample.

Similar patterns of predictive influence were found for anxiety as for avoidance. Table 3 indicates that intimacy was more strongly predicted by anxiety than by gratitude, or by the interaction effect of gratitude and anxiety. The magnitude of the predicted influence of anxiety on intimacy was less than for avoidance (see Tables 2 and 3) and the *b*-weight for anxiety suggests that almost a seven-point decrease in avoidance would be necessary to predict a one-point increase in intimacy. Findings from other studies (Grabill & Kerns, 2000; Kulley, 1994) suggest that the limited influence of anxiety on intimacy may be due to anxious individuals' mixed responses to measures of intimacy; on one hand desiring closeness but also reporting that their needs for intimacy are not met.

In summary, attachment was not found to moderate the association between gratitude and intimacy. Although significant main effects were found for avoidance and

anxiety in predicting intimacy, these effects were too small to be of benefit in explaining the variance in intimacy. Thus, increasing sample size to overcome power issues in predicting intimacy from gratitude and avoidance would be of little value. However, these findings need to be interpreted with caution in relation to both hypotheses, in view of the small variance found for intimacy. Mean and standard deviation calculations suggest that 95 per cent of respondents had a mean score for intimacy of between 3 and 5. These largely neutral or positive responses to statements of emotional intimacy make it difficult to determine what factors are likely to predict lower scores for intimacy since there were few participants who responded negatively to the measure of intimacy used in this study. Thus the study's findings are inconclusive regarding the association between gratitude and intimacy, and the moderation of that association by relationship attachment.

In terms of future research, modifications to the EIS and GQ-6 may increase the variability of scores obtained using these scales. Thomas and Watkins (2003), for example, identified similar difficulties with the Gratitude, Resentment and Appreciation Test (GRAT). In developing a revised version (GRAT-R), they refined scale items and increased the original 5-point grading scale to a 9-point scale to address issues of skew. A similar approach may be of benefit for the EIS and GQ-6.

Review of Underlying Premises

Although measurement and design-related issues have been raised as possible explanations for the inconclusive findings, a re-exploration of the underlying logic of this study is warranted to provide valid parameters for further research into gratitude and intimacy in romantic relationships. This study began with the proposal that experiences of gratitude between romantic partners may lead to experiences of closeness. Intuitively, it seems plausible that feeling gratitude toward one's partner would also encourage feelings of closeness, since gratitude is based on perceptions of another's actions as costly and

intentionally beneficial. Being the recipient of such an act of kindness would surely result in feelings of warmth toward one's partner and thoughts of being cared for, experiences that Prager (1995) describes as intimate experiences. However, it is possible that what seems intuitive is not what actually occurs. In operationalising experiences of gratitude and closeness, this study draws on theoretical and empirical research, and proposes four key premises.

Premise 1: Individuals who score more highly on measures of dispositional gratitude will report more frequent experiences of gratitude. This premise is based on Rosenberg's (1998) model of hierarchies of emotion and McCullough and colleagues' (Emmons & McCullough, 2003; McCullough et al., 2002; McCullough, Kilpatrick et al., 2001) findings of strong associations between prosocial behaviour and dispositional gratitude and experiences of gratitude. Rosenberg suggests that higher-order, dispositional aspects of emotions are more enduring and, for a particular emotion, increase the likelihood of the shorter-term experience of that emotion by reducing its threshold. That is, in circumstances where a particular emotion is likely to be experienced, individuals with a greater disposition toward that emotion are more likely to experience that emotion and experience it more strongly. McCullough and colleagues report similar positive outcomes for dispositional gratitude and for experiences of gratitude. Mikulincer et al. (2006) also measured dispositional gratitude (using the GQ-6) and experiences of gratitude (using diary reports). However, no direct analysis of the association between dispositional gratitude and experiences of gratitude has been reported. The distinction between disposition toward gratitude and experiences of gratitude is important. Particularly, a measure of dispositional gratitude may be vulnerable to a social desirability bias, resulting in its over-reporting compared to the incidence of experiences of gratitude.

Further, no research has explored the relationship between experiences of gratitude and disposition toward gratitude and how these influence one another. Thus, in terms of future research, a greater understanding of how dispositional gratitude predicts experiences of gratitude or how experiences in turn develop dispositional gratitude is important for developing a more comprehensive understanding of gratitude.

Premise 2: Individuals in romantic relationships who score more highly on measures of dispositional gratitude will report more frequent experiences of gratitude toward their romantic partner. In this study, experiences of gratitude were operationalised by a measure of dispositional gratitude. As has been suggested earlier, the association between dispositional gratitude and experiences of gratitude has not been definitively reported; the same is true of the association between dispositional gratitude and experiences of gratitude in romantic relationships. The Gratitude Questionnaire (GQ-6; McCullough, Emmons et al., 2001), the measure of dispositional gratitude used in this study, does not specifically target a sense of gratitude toward romantic partners. Rather, it includes statements that ask participants to consider general feelings of gratitude (e.g., “I have so much in life to be thankful for”), frequency of feeling grateful (e.g., “Long amounts of time can go by before I feel grateful to someone or for something”) and feelings of gratitude toward people (e.g., “I am grateful to a wide variety of people”). It is possible that, in responding to such statements, participants in this study did not include thoughts related to appreciation of their romantic relationship or their partner. Therefore, although a general disposition toward gratitude may be likely to include a general sense of gratitude toward a romantic partner, this is not necessarily the case.

In terms of future research, it was suggested earlier that the links between dispositional gratitude and experiences of gratitude still need to be more fully explored, especially within the contexts of romantic relationships. Such explorations may provide a

greater understanding of the interaction between dispositional gratitude and experiences of gratitude in romantic relationships.

Premise 3: Feelings of gratitude are likely to result in feelings of closeness toward the person whose actions resulted in feelings of gratitude. This premise interprets gratitude-inducing acts as intimate behaviours. In addition, this study has described the intimate experience arising from these intimate behaviours in terms of feelings of closeness. Both of these aspects warrant further exploration.

Gratitude as an intimate behaviour. For an act of kindness to result in feelings of gratitude, the recipient must perceive such acts as intentionally beneficial and costly to the giver. By their intentionality and cost, such acts demonstrate the giver's thoughtfulness and care. Thus, according to Prager (1995), these acts constitute intimate behaviours. Prager goes on to say that intimate behaviours result in intimate experiences, which are affective (e.g., feelings of warmth) and/or perceptual (e.g., realising "I am loved" or "I love you"). In this way, this study proposed that feelings of closeness, or intimate experiences, would result from acts that precipitate gratitude. That is, feelings of closeness would result for the recipient of such an act of kindness. However, Prager is not specific about who experiences intimacy: whether it is both partners, or only the target of the intimate behaviour.

Therefore, it is also important to explore whether the partner whose actions result in gratitude, that is, the giver, also experiences closeness. Reis and Shaver's (1988) process model of intimacy, with refinements proposed by Laurenceau et al. (1998), provides a more specific framework for understanding how intimacy is experienced by individuals who disclose something important to their partner. Following disclosure, if the disclosing partner perceives their partner as responding in a way that understands and values, and thus validates their disclosure, the disclosing partner experiences intimacy. In the context of

gratitude, a parallel can be drawn between disclosure, and acts that result in gratitude. Such acts, by their very nature, reveal the thoughtfulness, intent to benefit and sacrifice of the giver. Thus, they disclose the giver's care for the receiver. In responding to disclosure, Reis and Shaver highlight the importance of understanding, valuing and thus validating the partner's disclosure. Drawing a further parallel with gratitude, the recipient of the kind act must understand and value the actions of the giver in order to experience gratitude. Thus, the expression of that gratitude, by the receiver to the giver, is a validation of the giver's actions. According to Reis and Shaver, disclosure and subsequent validation result in experiences of intimacy for the disclosing, or, in the context of gratitude, giving partner. Hence, where gratitude is experienced and expressed, not only the receiving partner, but also the giving partner may experience intimacy. Hence, this study provides the foundation for further study in this area by identifying theoretical links between gratitude and intimacy and by providing empirical support for a positive association between them. This study did not explore the intimacy associated with specific experiences of gratitude, and as a result is not able to provide insight into the possible intimacy-related function of gratitude. However, this is certainly an area that should be pursued in further study.

In terms of future research, it may be possible to explore the impact of gratitude-inducing behaviours for both the receiver and giver. As suggested earlier, diary reports, completed by each partner in a romantic relationship, provide the opportunity to observe the responses and feelings resulting from specific behaviours. Thus, by linking behaviours and experiences of gratitude and intimacy for both romantic partners, conclusions may be drawn regarding the links between gratitude-inducing behaviours, experiences of gratitude and experiences of intimacy for both givers and receivers.

Intimacy and feelings of closeness. In this research, feelings of closeness were operationalised using the Emotional Intimacy Scale (EIS; Sinclair & Dowdy, 2005). This

scale was chosen because it specifically focuses on emotional intimacy. However, it is also possible that feelings of closeness, as described by this study, are not addressed by the EIS. The items of this measure focus on feeling accepted, understood and cared for, which may result in feelings of closeness. However the EIS does not specifically ask participants to respond to statements about perceptions of feeling close to their partner. These aspects of emotional intimacy, feeling accepted, understood and cared for, relate more directly to Prager's (1995) concept of perceptual intimate experiences than to her concept of affective intimate experiences: that is, feelings of closeness.

In terms of future research, a more fully developed measure of emotional intimacy would include elements that specifically relate to affective intimate experiences such as, "I feel warmth toward my partner" or "I feel close to my partner". In this way, such a measure would address not only Prager's (1995) perceptual aspects, but also her affective aspects of intimate experiences.

Premise 4: The association between gratitude and intimacy is based on each partner's perception of the other's behaviour; these perceptions are influenced by individuals' views of themselves and of their romantic partners. Perception is an important aspect of both intimacy and gratitude, as identified by Laurenceau et al. (1998) and Lazarus and Lazarus (1994) respectively. In this study, individuals' perceptions of themselves and others were operationalised by measures of attachment, with scores for avoidance indicating perceptions of others and scores for anxiety indicating perceptions of self (Brennan et al., 1998). This study has presented earlier findings that suggest attachment, particularly avoidance, is associated with gratitude and intimacy, with individuals higher in avoidance being less likely to experience both gratitude and intimacy. It was therefore proposed that attachment, particularly avoidance, would moderate the association between gratitude and intimacy. In this study no such moderation was detected.

Again, measurement and design issues may have contributed to this non-significant finding.

In terms of future research, it is important to reinvestigate the possible moderating role of attachment on the association between gratitude and intimacy, particularly in the light of the other recommendations suggested here. That is, the moderation effect of attachment on the association between gratitude and intimacy needs to be investigated, focusing on feelings of gratitude and intimacy resulting from specific behaviours in the context of romantic relationships. Such investigation may provide greater understandings of the way in which relationship attachment influences the perceptions that profoundly influence the experience of gratitude and intimacy.

Conclusion

This study's aim was to develop a greater understanding of the function of gratitude in romantic relationships. It proposed that experiences of gratitude expressed between partners would lead to experiences of closeness or emotional intimacy. According to Prager (1995), repeated experiences of intimacy form the foundation of intimate relationships. Intimacy, including affective intimate experiences, has also been identified as important in sustaining and developing satisfying relationships (Tolstedt & Stokes, 1983). Thus, this study sought to make a significant contribution to understandings of how romantic relationships develop, how they can be sustained and how they might be enhanced.

Specifically, this study predicted a positive association between gratitude and intimacy and, although weak, this association was demonstrated. In addition, this study predicted that attachment would moderate the association between gratitude and intimacy. Although this effect was not evident in the findings of this study, a careful analysis of the

data suggest the presence of ceiling effects. The findings should therefore be regarded as inconclusive, rather than negative.

In addition, this study identifies a number of gaps in current understandings of gratitude and emotional intimacy, highlighting the need for further research into the function of gratitude in romantic relationships. In particular it recommends, in the context of romantic relationships, the investigation of specific experiences of gratitude and intimacy for both partners, resulting from specific behaviours toward each other. Such future investigations have the potential not only to develop more comprehensive understandings of the function of gratitude in romantic relationships, but also to provide a foundation for developing gratitude-focused therapeutic interventions for couples wishing to experience greater intimacy in their relationships.

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Appendix A: Participant Information and Questionnaire

PARTICIPANT INFORMATION for QUT RESEARCH PROJECT**Romantic Relationships: What Influences Intimacy?****Research Team Contacts**

Stephen Cover – Post Graduate Student School of Psychology and Counselling, Faculty of Health, QUT 0423 195 110 stephen.cover@qut.edu.au	Atholl Murray – Post Graduate Student School of Psychology and Counselling, Faculty of Health, QUT 07 3138 3251 atholl.murray@qut.edu.au	Dr Zoë Hazelwood – Lecturer & Supervisor School of Psychology and Counselling, Faculty of Health, QUT 07 3138 4760 z.hazelwood@qut.edu.au
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Description

This project is being undertaken as part of a Graduate Diploma Thesis by Stephen Cover and Atholl Murray. The purpose of this project is to explore ways in which individuals consistently think about and behave in relationships. It explores how thinking and relationship experiences influence intimacy. The research team requests your assistance to enable us to obtain ideas and experiences from a diverse range of people in romantic relationships. We request that you complete a questionnaire targeting the ideas described above.

Participation

Participants for this study must be individuals over 18 years of age, presently in a committed relationship of at least six months duration. Your participation in this project is voluntary. If you do agree to participate, you can withdraw from participation without comment or penalty prior to submission of your questionnaire. Your decision to participate will in no way impact upon your current or future relationship with QUT (for example your grades). Your questionnaire responses will be completely confidential and anonymous and as such, once submitted, we will not be able to separate your information from other participants. Your participation will involve the completion of a questionnaire, either paper-based or on-line, and will take approximately 45 minutes. Questions include how you feel about yourself, about life in general, and about your partner and your relationship.

Questionnaires may be completed in your own time and returned via mail (reply-paid upon request) or in person. Submission of your questionnaire will be taken as indicating your consent to participate in this study.

Expected benefits

It is expected that this project will be of limited benefit to you. However, it may benefit in developing greater understandings of ways couples may improve their relationships and help to explain individual's experiences of their partner or relationship.

First year QUT Psychology students may request partial course credit in exchange for a completed survey and must return their completed questionnaire in person for token exchange. All participants are eligible to enter a draw to receive a gift voucher to the value of \$100 (AUD).

(continued over...)

Risks

There are no risks beyond normal day-to-day living associated with your participation in this project. However, reflecting on relationship experiences can sometimes cause participants to experience some discomfort. If you experience any discomfort as a result of participating in this project, please contact Lifeline Telephone Counselling on 13 11 14. This is a 24-hour support service. Alternatively, QUT provides for limited free counselling for research participants of QUT projects, who may experience discomfort as a result of their participation in the research. Should you wish to access this service please contact the Clinic Receptionist of the QUT Psychology Clinic on 07 3138 0999. Please indicate to the receptionist that you are a research participant.

Confidentiality

All comments and responses are anonymous and will be treated confidentially. The names of individual persons are not required in any of the responses. We will ask for your name and contact details only if you wish to receive a summary of the findings or enter the prize draw. This page will be detached and kept separate from the response sheet and destroyed on completion of the study. The data collected for this study will be stored confidentially and only the researchers conducting this study will have access to this data. All results will be reported in an aggregate form and no individual responses will be identifiable.

Consent to Participate

The return of the completed questionnaire is accepted as an indication of your consent to participate in this project.

Questions / further information about the project

Please contact the research team members named above to have any questions answered or if you require further information about the project.

Concerns / complaints regarding the conduct of the project

QUT is committed to researcher integrity and the ethical conduct of research projects. However, if you do have any concerns or complaints about the ethical conduct of the project you may contact the QUT Research Ethics Officer on +61 7 3138 5123 or email ethicscontact@qut.edu.au. The Research Ethics Officer is not connected with the research project and can facilitate a resolution to your concern in an impartial manner. (Ethics approval 1000000499)

***Thank you for helping with this research project. Please keep this sheet for your information.
Thank you for your valuable contribution, without which, this study would not be possible.***

Romantic Relationships

...what influences Intimacy?

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Thank you for being willing to participate in our study.

Just before you get started, let's just check a few things...

- ... is English your main language?
- ... are you currently in a relationship?
- ... have you and your partner been together for at least six (6) months?
- ... does your relationship have the potential for a long-term commitment (if you haven't already made one)?
- ... are you involved in joint decision-making with your partner?

If you said YES to each of these questions, then please read on! If you weren't able to say YES, thanks for your interest in helping us, but we won't be able to use your responses in this particular study.

This study is looking at your experiences in relationships and your experience of life. Some questions will ask you to think about the relationship you are in now. Other questions will ask you to think about how think and act in relationships generally.

In thinking about your responses, please try to respond with what is true for you right now, rather than how you used to be, or how you'd like to be.

We'd estimate that this questionnaire will take about 30-45 minutes to complete. Please feel free to take a break when you feel like it and come back when you're ready, but we'd rather you don't get any input from anyone else when you're working out your answers.

Your responses will be kept completely anonymous.

Returning Your Questionnaire

FIRST YEAR COURSE CREDIT

Please return your survey to Atholl Murray who will be waiting outside your lecture room at the beginning of your Week Two lecture.

Alternatively, you may deliver in person to Atholl Murray. Deliver to:

Atholl Murray
c/- The School of Cultural and Language Studies in Education
L Block, Level, 1, Room 133
Kelvin Grove

If you have any questions, please do not hesitate to give our research team a call or send us an email.

Just before we get into the main part, we'd like to know some general things about you.

Please place a tick ☐ in the appropriate box or write your response in the space provided.

1	How long have you been in your current relationship?	_____ years	_____ months
<hr/>			
2	How long have you known your partner?	_____ years	_____ months
<hr/>			
3	How would you describe your current relationship?		
	Dating/ Engaged	Live separately but spend most nights together	Living together
		de Facto	Civil union
			Married
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3
		<input type="checkbox"/>	<input type="checkbox"/>
		4	5
			6
<hr/>			
4	What is your employment status? (Select the option that takes up the greatest amount of your time.)		
	Unemployed	Studying	Working in unpaid employment
			Working in part-time paid employment
			Working in full-time paid employment
			Independently wealthy
			Retired
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3
			4
			5
			6
			7
<hr/>			
5	What is your highest level of education?		
	Less than Year 10	Completed Year 11 or Year 12	Apprenticeship/ TAFE
			Diploma
			Bachelor Degree
			Masters or Doctorate
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3
			4
			5
			6
<hr/>			
6	How would you describe your sex?		
	Male	Female	Transgender
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3
			4
			5
<hr/>			
7	How would you describe your sexual attraction?		
	Same-sex attracted	Other-sex attracted	Other
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3
<hr/>			
8	What is your age? _____		

PLEASE TURN TO THE NEXT PAGE

Consider how well the following statements describe your current experience with your partner. Think in terms of the quality of your relationship with this person in answering these items.

Rating Guide

		1	2	3	4	5
		Strongly Disagree				Strongly Agree
		1	2	3	4	5
1	My partner listens to me when I need someone to talk to.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
2	I can state my feelings without my partner getting defensive.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
3	I often feel distant from my partner.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
4	My partner can really understand my hurts and joys.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
5	I feel neglected at times by my partner.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
6	I sometimes feel lonely when we're together.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
7	My partner completely accepts me as I am.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
8	I can openly share my deepest thoughts and feelings with my partner.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
9	My partner cares deeply for me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
10	My partner would willingly help me in any way.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
11	My thoughts and feelings are understood and affirmed by my partner.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

PLEASE TURN TO THE NEXT PAGE
(4 parts to go! 😊)

Part II: Your Thoughts About Your Life

Please provide your honest feelings and beliefs about the following statements. There are no right or wrong answers to these statements. We would like to know how much you feel these statements are true or not true of you. Please try to indicate your true feelings and beliefs, as opposed to what you would like to believe.

Rating Guide

1	2	3	4	5	6	7	8	9
<i>I strongly disagree</i>		<i>I disagree somewhat</i>		<i>I feel neutral</i>		<i>I mostly agree</i>		<i>I strongly agree</i>

Please place a tick ☒ in the appropriate box.

		1	2	3	4	5	6	7	8	9
1	I couldn't have gotten where I am today without the help of many people.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9
2	Life has been good to me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9
3	There never seems to be enough to go around and I never seem to get my share.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9
4	Oftentimes I have been overwhelmed at the beauty of nature.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9
5	Although I think it's important to feel good about your accomplishments, I think that it's also important to remember how others have contributed to my accomplishments.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9
6	I really don't think that I've gotten all the good things that I deserve.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9
7	Every Autumn I really enjoy watching the leaves change colour.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9

CONTINUED ON NEXT PAGE...

Rating Guide

	1 <i>I strongly disagree</i>	2	3 <i>I disagree somewhat</i>	4	5 <i>I feel neutral</i>	6	7 <i>I mostly agree</i>	8	9 <i>I strongly agree</i>					
						1	2	3	4	5	6	7	8	9
8	Although I'm basically in control of my life, I can't help but think about all those who have supported me and helped me along the way.					<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9
9	I think that it's important to "Stop and smell the roses".					<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9
10	More bad things have happened to me in my life than I deserve.					<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9
11	Because of what I've gone through in my life, I really feel like the world owes me something.					<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9
12	I think that it's important to pause often to "count my blessings".					<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9
13	I think it's important to enjoy the simple things in life.					<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9
14	I feel deeply appreciative for the things others have done for me in my life.					<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9
15	For some reason I never seem to get the advantages that others get.					<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9
16	I think it's important to appreciate each day that you are alive.					<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9

PLEASE TURN TO THE NEXT PAGE
(3 Parts to go! 😊😊)

Part III: Your Attitude Towards Your Relationship

Please indicate how much you agree or disagree with each statement this week.

Rating Guide

1	2	3	4	5
<i>Strongly Disagree</i>	<i>Disagree somewhat</i>	<i>Neutral</i>	<i>Agree somewhat</i>	<i>Strongly Agree</i>

Please place a tick ☒ in the appropriate box.

	1	2	3	4	5
1 When we aren't getting along I wonder if my partner loves me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
2 My partner doesn't seem to do things just to bother me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
3 My personality would have to change for our relationship to improve.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
4 We could improve our relationship if we tried.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
5 My partner intentionally does things to irritate me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
6 Even if my partner's personality changed we still wouldn't get along any better.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
7 I don't expect our relationship to improve any.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
8 It seems though my partner deliberately provokes me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
9 If my partner did things differently we'd get along better.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
10 My partner's personality would have to change for us to get along better.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
11 Any trouble we have getting along with each other is because of the type of person I am.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
12 I don't think that the things I say and do make things worse between us.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
13 Any problems we have are caused by the things I say and do.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

CONTINUED ON NEXT PAGE...

Rating Guide

1 2 3 4 5
Strongly Disagree Disagree somewhat Neutral Agree somewhat Strongly Agree

		1	2	3	4	5
14	I don't think our relationship would be better if my partner was a different type of person.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
15	Even if my personality changed, my partner and I still wouldn't get along any better.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
16	The way my partner treats me determines how well we get along.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
17	Whatever problems we have are caused by the things my partner says and does.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
18	My partner and I would get along better if it weren't for the type of person he/she is.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
19	My partner doesn't try to intentionally upset me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
20	When things aren't going well between us I feel like my partner doesn't love me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
21	I think that our relationship will improve.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
22	Whatever difficulties we have are not because of the type of person I am.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
23	I think our relationship is going to get better in the future.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
24	What difficulties we have don't lead me to doubt my partner's love for me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
25	When things are rough between us it shows that my partner doesn't love me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
26	If I did things differently my partner and I wouldn't have the conflicts we have.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

CONTINUED ON NEXT PAGE...

Rating Guide

1 2 3 4 5
Strongly Disagree Disagree somewhat Neutral Agree somewhat Strongly Agree

		1	2	3	4	5
27	My changing how I act wouldn't change how our relationship goes.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
28	I'm sure that my partner sometimes does things just to bother me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
29	Even when we aren't getting along, I don't question whether my partner loves me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
30	I think my partner upsets me on purpose.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
31	When my partner isn't nice to me I feel like he/she doesn't love me anymore.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
32	I'm certain that my partner doesn't provoke me on purpose.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
33	I don't think it's possible for us to handle problems that come up better than we do now.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
34	Even when we have problems I don't doubt my partner's love for me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
35	I don't think that our relationship is likely to improve.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
36	The things my partner says and does aren't the cause of whatever problems come up between us.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
37	There is no way for us to improve this relationship.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
38	Our relationship could be better in the future.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
39	I doubt that my partner deliberately does things to irritate me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

PLEASE TURN TO THE NEXT PAGE
(2 parts to go! 😊😊😊)

Part IV: Your Relationship – About You

The following statements concern how you feel in romantic relationships. We are interested in how you generally experience relationships, not just in what is happening in a current relationship. Respond to each statement by indicating how much you agree or disagree with it.

Rating Guide

1	2	3	4	5	6	7
<i>I strongly disagree</i>			<i>I feel neutral/ mixed</i>			<i>I strongly agree</i>

Please place a tick ☒ in the appropriate box.

	1	2	3	4	5	6	7
1 I prefer not to show a partner how I feel deep down.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
2 I worry about being abandoned.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
3 I am very comfortable being close to romantic partners.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
4 I worry a lot about my relationships.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
5 Just when my partner starts to get close to me I find myself pulling away.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
6 I worry that romantic partners won't care about me as much as I care about them.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
7 I get uncomfortable when a romantic partner wants to be very close.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
8 I worry a fair amount about losing my partner.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
9 I don't feel comfortable opening up to romantic partners.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
10 I often wish that my partner's feelings for me were as strong as my feelings for him/her.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
11 I want to get close to my partner, but I keep pulling back.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
12 I often want to merge completely with romantic partners, and this sometimes scares them away.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7

CONTINUED ON NEXT PAGE...

Rating Guide

	1 <i>I strongly disagree</i>	2	3	4 <i>I feel neutral/ mixed</i>	5	6	7 <i>I strongly agree</i>
13 I am nervous when partners get too close to me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
14 I worry about being alone.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
15 I feel comfortable sharing my private thoughts and feelings with my partner.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
16 My desire to be very close sometimes scares people away.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
17 I try to avoid getting too close to my partner.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
18 I need a lot of reassurance that I am loved by my partner.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
19 I find it relatively easy to get close to my partner.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
20 Sometimes I feel that I force my partners to show more feeling, more commitment.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
21 I find it difficult to allow myself to depend on romantic partners.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
22 I do not often worry about being abandoned.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
23 I prefer not to be too close to romantic partners.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
24 If I can't get my partner to show interest in me, I get upset or angry.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7

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Rating Guide

	1 <i>I strongly disagree</i>	2	3	4 <i>I feel neutral/ mixed</i>	5	6	7 <i>I strongly agree</i>
25 I tell my partner just about everything.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
26 I find that my partner(s) don't want to get as close as I would like.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
27 I usually discuss my problems and concerns with my partner.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
28 When I'm not involved in a relationship, I feel somewhat anxious and insecure.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
29 I feel comfortable depending on romantic partners.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
30 I get frustrated when my partner is not around as much as I would like.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
31 I don't mind asking romantic partners for comfort, advice, or help.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
32 I get frustrated if romantic partners are not available when I need them.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
33 It helps to turn to my romantic partner in times of need.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
34 When romantic partners disapprove of me, I feel really bad about myself.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
35 I turn to my partner for many things, including comfort and reassurance.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
36 I resent it when my partner spends time away from me.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7

PLEASE TURN TO THE NEXT PAGE
(1 part to go! 😊😊😊😊)

Part V: About You

Using the scale below as a guide, tick the box that indicates how much you agree with each statement.

Please place a tick ☐ in the appropriate box.

Rating Guide

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neutral	Slightly agree	Agree	Strongly agree

		1	2	3	4	5	6	7
1	I have so much in life to be thankful for.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
2	If I had to list everything that I felt grateful for, it would be a very long list.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
3	When I look at the world, I don't see much to be grateful for.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
4	I am grateful to a wide variety of people.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
5	As I get older I find myself more able to appreciate the people, events and situations that have been part of my life history.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
6	Long amounts of time can go by before I feel grateful to someone or for something.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7

PLEASE TURN TO THE NEXT PAGE
(You've Finished! 😊😊😊😊😊😊😊😊)

Thank you for completing this questionnaire!

We really appreciate your time and effort.

To say thank you, we'd like to enter you into our prize draw to win \$100 gift voucher. We'd also like to share the findings from our study with you.

If you'd like to take up either or both of these offers, we'll need to know how to get in touch with you. Details entered on this page will be separated from your questionnaire responses so we won't be able to identify your answers.

Would you like to see a summary of the results? ☐ Yes ☐ No

Would you like to be entered into the prize draw? ☐ Yes ☐ No

Your Name:

Your Address:

Your Email:

Appendix B: Research Data

Table B1

List of File Names and Descriptions of Files Contained on Attached Data CD

File Name	Description
ORIGINAL_KeySurveyData_19-08-10.sav	On-line data gathered using QUT KeySurvey application, downloaded August 19, 2010.
ORIGINAL_PaperSurveyData_20-8-10.sav	Paper survey data, entered August 20, 2010.
WORKING_DATA_FILE_1.sav	Combined data from on-line and paper surveys with reversed items; also includes scale score calculations.
WORKING_DATA_FILE_2.sav	Scale scores, transformed and untransformed; centred variables and interaction terms. Also includes demographic variables: age and relationship length.

